

May 16th to 20th 2022

National Week of Agriculture in School



THE FOOD PLATE MODEL

TARGET AUDIENCE

1st grade to 4th grade

GOALS

- To learn or deepen understanding of the food plate model
- Put into practice and understand the importance of a balanced diet

MATERIALS

- The food plate model
- Food images (for cutting purposes)

PROCEDURE

- Presentation by the teacher about the food plate model and the importance of healthy eating
- With the cut food images at hand, students (individually or collectively) are invited to arrange a set of meals for a day with the objective of having a balanced diet
- Afterwards, the teacher can answer any questions that students arise and seize the opportunity to further explain the food plate model.



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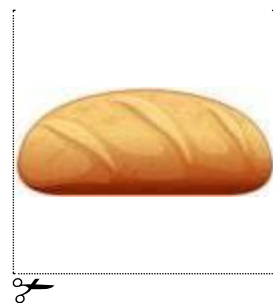
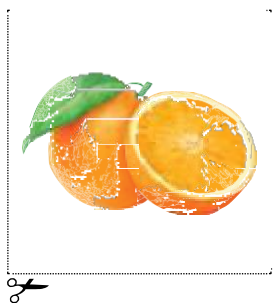
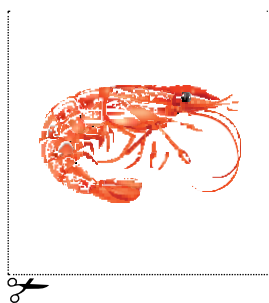
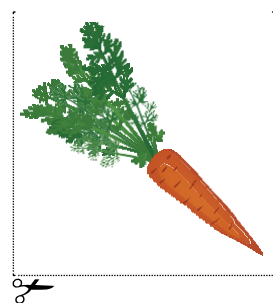
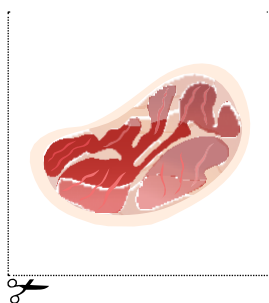
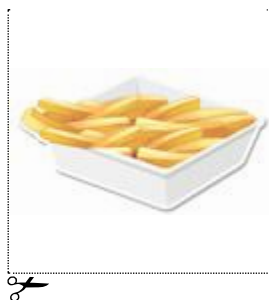
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FOOD IMAGES



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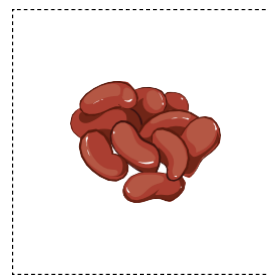
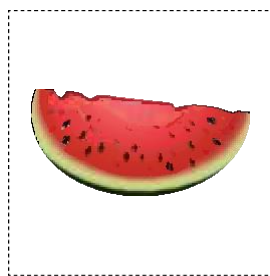
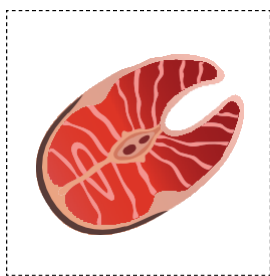
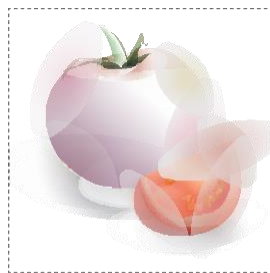
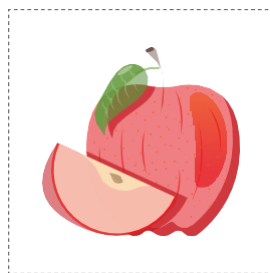
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